



MONTHLY MEANDERS

BOARD BANTER

Clothes Make the Man – or – You Can Teach an Old Dog New Tricks

Dave Waycie

I've never been a big fan of cold weather cycling. I've done it – down to about freezing – but never really enjoyed it. And that's kind of a puzzle, because I really enjoy walking in the snow, or snowshoeing, or even clearing the snow from the driveway. With the snow blower, that is, not the shovel. Forget the shovel! The point is, I don't mind cold weather. Why didn't I like cold weather bicycling?

Well, I've got the proper clothing for snowshoeing, walking in the snow, and piloting the snow blower. I never really bought the right clothing for winter riding. This year I did. I got some better gloves, booties that actually fit over my bike shoes, and a thermal jersey. It is surprising how much difference a little preparation makes in terms of comfort and enjoyment. I still prefer riding in nice, warm summer weather (even in the 90's) but this year, I find myself enjoying cold weather riding as well. And, since I found most of this equipment on the clearance rack at Pearl Izumi, it

didn't cost me that much, either.

My point is this. We can always make changes to improve our enjoyment of the sport of cycling (or just about anything else for that matter). So here's my question for you at the start of 2012. What would you like to do with your cycling this year? See if any of these ideas resonate with you.

A couple of club members are turning a notable birthday this year – a “decade” year. They are considering a goal of 100 miles per year of life for the year's riding. I did this a couple of years ago when I turned 65 – the two I'm thinking of are a bit smarter and doing it earlier. A mileage goal is the easiest kind of goal to define and measure and can be very worthwhile. Maybe you'd just like to increase your total annual miles by 20 or 25%.

Hills are a challenge for most of us – at least to some extent. I've worked on my hill technique several times over the years and each time I get a little better. Trust me; even “a little better” makes a big difference. There are many sources of information on hill training

– you should be able to find one that works for you.

Have you been riding mostly 30-40 mile rides and would like to consider a century? Most years (maybe every year) *Bicycling* magazine has a training plan to do a century – so do many other sources. Again, you should be able to find one that works for you. A century really feels good. Especially after it's over!

How about me? Well, I'm planning to do one of the Colorado rides this year. That's why I worked on hills again last year, and got more acclimated to winter riding. Those brutal Colorado mornings! I'd also like to ride a few more miles this year – maybe 5000 rather than the 4000 I did in 2011. But that's not a big goal for me – I'll make an honest attempt to put some more miles on, but if other activities get in the way, or the weather really stinks, I won't let it bother me.

That's my final message. I'd suggest a cycling goal for the year, but make it realistic, and don't make it an obsession. You want to enjoy bicycling, not turn it into a chore. See you on the road!

Feb. 2012

INSIDE THIS ISSUE:

CLUB MEETING	2
RENEW	2
BOARD MEETING	2
ST. PAT'S RIDE	3
RIDES	3
MINUTES	4
PHONE APP'S	4
OFF SEASON	5
SNOWSHOEING	6
YAHOO GROUP	7



Club Officials

Elected Officers

President	
<i>Joe Beemster</i>	847/215-2314
V.P./Ride Chair*	
<i>Pat Calabrese</i>	847/358-4807
Treasurer	
<i>Johannes Smits</i>	630/893-2835
Secretary	
<i>Dave Waycie</i>	847/577-6307
Membership	
<i>Mitch Rosset</i>	847/376-8152
Publicity Chair	
<i>Barb Barr</i>	224-578-0624
	Powerbarb@gmail.com

Appointed Officers

Harmon Chairman	
<i>Todd Berlin</i>	todd.berlin@rrd.com
Newsletter	
<i>Ella Shields</i>	773/407-4712

St. Pat's Ride

<i>Janice Gries</i>	847-275-7443
<i>Anna Swietczak</i>	312-969-1010

Chairmen

Banquet	
<i>Meg Ewen</i>	630/540-1704

Harmon Data Base

<i>Emily Qualich</i>	847/ 821-1009
----------------------	---------------

Mileage Statistician

<i>Emily Qualich</i>	847/ 821-1009
----------------------	---------------

Newsletter Mailings

<i>Joe Beemster</i>	847/215-2314
---------------------	--------------

Picnic

<i>Al & Cindy Schneider</i>	847/696-2356
Refreshments	Open

***Ride Coordinator**

<i>Sheri Rosenbaum</i>	847-971-4573
	luv2bike80@hotmail.com

Ride Line

<i>Frank Bing</i>	847/634-1439
-------------------	--------------

Web Page

<i>Jim Boyer</i>	847/541-1325
------------------	--------------

2012 MEMBERSHIP RENEWALS

Renewal date is February 1.

If you have not renewed this is your last newsletter. If you misplaced your renewal form please use the membership form on page 7.

New 2012 Membership cards will be mailed out in March.

If you have any questions contact Mitch Rosset at 847/376-8152 or e-mail him at: wheeling@wheelmen.com

BOARD MEETING

The next board meeting is Sunday, February 12, 5:00 p.m. at the home of Mitch Rosset.

All Board members are requested to attend.

Thank YOU!

To Pam Burke for hosting the annual holiday party, approximately 55 mem-

bers attended and had a fantastic time, lots of laughs and good food. It was a wonderful party and held at a great new location.

FEBRUARY CLUB MEETING

The club meeting will be on Thursday, February 2, 7:00 p.m. at McArthur Middle School, 700 Schoenbeck Road, Prospect Heights, meet in the library.

We will discuss the St. Patrick's Day ride and recruit volunteers.

Our guest speaker will be club member Al Gibbs who will share photos and stories from his European cycling trip.

In August 2011, Al along with several members of the Arlington Heights and Mount Prospect Bicycle Clubs, along with friends from other local cycling clubs, enjoyed a week-long bike and-barge vacation on the Mosel River. The barge Sailing Home was their lodging for the week as they spent their days riding scenic roads and bike paths along and above the Mosel and Saar Rivers, enjoying rural vistas, vineyards, historic sites, towns, and cities in France, Luxembourg, and Germany. He will share it all with you and perhaps inspire you to embark on a bike-and barge adventure of your own.

Newsletter Policy

We can always use information for the newsletter. I'd love to hear from you. Send or e-mail your ride notes, stories or articles for the newsletter to me by the 10th of the preceding month

Ella Shields

7516 W. Devon Ave. Chicago, IL. 60631

eshieldsbike@yahoo.com

(Please include your name and phone number in case I have any questions)



Don't miss an issue of Monthly Meanders!! Call Mitch Rosset with your new address or e mail address at 847/376-8152 or e-mail him at wheeling@wheelmen.com.

Sign up early:

TOMRV: Tour of the Mississippi River Valley - June 9 & 10. A Midwest cycling tradition since 1978. Every year 1,500 bicycling enthusiasts come to ride. They enjoy a well supported, challenging ride on scenic roads, through Midwest farmland, and along the Mississippi River. On line registration opens February 6, www.qcbc.org/tomrv

RAGBRAI July 22-28, The Register's Annual Great Bicycle Ride Across Iowa, is an annual seven-day bicycle ride across the state.

RAGBRAI is the oldest, largest and longest bicycle touring event in the world. Registration is open, ragbrai.com/registration.



SIGN UP TO WORK THE ST. PATRICK'S DAY RIDE

Join us for the first invitational ride of the season on Sunday, March 18! The St. Patrick's Day ride will leave from Wauconda High School at 555 N. Main St. in Wauconda. We will need your help to host this spectacular early season ride. Just think by signing up for one of the jobs below you can say that you worked the first invitational ride of the season in the greater Chicago land area! Hopefully we will have sunshine and 50 degrees!

A special thank you to all of you who signed up early at the Christmas party. Your help is greatly appreciated. We will start sending confirmations to individuals in mid February and reminders in early March.

We will need volunteers to staff the following areas:

Road Marking: We are using signs again this year. The roads need to be marked the day before or the morning of the ride.

Registration: We need people to start setting up about 7:30 AM, Second shift starts at 9:30 AM

Parking: Attendants should be on duty at 7:30 AM. Second shift starts at 9:30 AM

Food: Service will be open from 7:30 AM to 1:00 PM. We will have an early shift from 7:30 AM to 11:00 AM and a late shift from 11:00 AM to 1:00 PM. Typically the heavy crowds are from 10:00 AM to 12:00 PM.

Cookies: We need about eight to ten people to supply 8 dozen cookies each. Homemade cookies or nut breads are appreciated.

If you are crunched for time, bakery type cookies and brownie bites have gone well in the past. If the weather looks good for the day, we may need to tap a few extra people at the last minute.

Join the fun sign up for a job! Contact Janice Gries at janicegries@gmail.com 847-275-7443 or Anna Swietczak at annaswiet@yahoo.com 312-969-1010.

WEEKLY RIDES

Please arrive 15-30 minutes early as all rides leave promptly at designated time

Day	Time	Ride/Start	Miles	Directions	Ride Host
Saturday & Sunday	10:00	Show N Go Rides	25 +	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	n/a
Tuesday & Thursday	10:00	Deerfield Bakery Ride	25-45	Willow Stream Park - The park is on Old Checker Rd. a few tenths of a mile west of the bakery. Turn west on old Checker Rd. to parking on the right	n/a

ALWAYS CALL THE RIDE LINE 847/520-5010 FOR ANY LAST MINUTE CHANGES

WHEELING WHEELMEN BOARD MEETING JANUARY 8, 2012

Present: Barb Barr, Joe Beemster, Todd Berlin, Mitch Rosset, Ella Shields, Johannes Smits, Anna Swietczak, Dave Waycie, Tom Wilson

The meeting was called to order at 5:02 pm.

IRS Status: Application is in process to register as a 503-c.7 non-profit organization.

Treasurer's Report: Financial results are much improved over 2010, due to increased registrations for the St. Pat's and Harmon rides, as well as good cost control overall.

Contributions: Approved the following contributions:

- League of Illinois Bicyclists - \$1000
- League of American Bicyclists - \$500 (plus include \$500 approved last year, which was overlooked)
- Active Transportation Alliance - \$1000
- Chain Link - \$100
- Mike Bentley - \$50

Member Meetings:

- February 2 – European Bike Travel – Al Gibbs
- March 1 – Preventing Back Injuries – Dr. Katie Sleigh
- April 5 – Open. Suggested a talk on bike fit.

Banquet and Holiday Party: Both events were well planned and well received. Recommend using the same locations for this year.

Constitution and By-Laws: Joe, Ella and Dave will review and recommend revisions to update this document. Target date for membership vote (required for approval) is the April 5 general meeting.

General Updates:

Ride Schedule and Stats. Suggested putting current mileage stats on the website.

Membership Renewals: Just beginning to come in.

Publicity: Done for St. Pats and Harmon rides.

Newsletter: March – Joe Beemster, April – Mitch Rosset.

St. Pat's Ride: Brochures are printed and were passed out for distribution to selected bike shops. Volunteer sign-up will be done at the February and March meetings.

Harmon: Again, there is no conflict with the North Shore Century schedule. Approved doing the LIB mailing again this year. Registration fee will be increased by \$5, with a big price incentive to pre-register by August 1. This is intended to help improve food planning and purchasing. Approved Todd researching email marketing lists for additional targeted marketing. Cost may be up to a few hundred dollars. Mitch will research costs for a water bottle – either as a giveaway or for purchase by riders. Mitch will also research supporting Strava.com segments for the Harmon.

Next Board Meeting: February 12, 5:00 pm, at Mitch's.

The meeting was adjourned at 6:40.

Dave Waycie,
Secretary



CHECK OUT THIS APP FOR YOUR SMARTPHONE

I thought we'd start a new section in the newsletter where members could share unique and useful Apps for your Smartphone. The primary focus would be for cycling and fitness, but who knows where this will take us?

Let's start the series off with STRAVA. Record a ride or run on STRAVA and see how you stack up to other users. Analyze speed, distance and elevation gain. Brag about your position on the apps leader board or broadcast your Suffer Score via Twitter and Facebook. Download the app to a

Smartphone, or sync your account directly to a Garmin Edge or Forerunner. This app is free or there's a premium subscription plan. App is available for iPhone or Android. Also check it out at Strava.com.

The one downside of STRAVA is it does suck a lot of battery from your phone.

For those of you who haven't yet upgraded to a "big boy" phone, you don't know what you are missing. For those of you that have, send me your favorite app and why it's so great. Maybe we'll feature it in an upcoming issue of our newsletter.

Sheri Rosenbaum
luv2bike80@hotmail.com

OFF-SEASON TRAINING SECRETS

The winter months often bring cold, windy, rainy weather – the kind of weather most cyclists don't like to ride in. Unless you have a ride partner to help get you out the door for your next training ride, it's likely you won't go out and brave it on your own. So what's a cyclist to do?

Staying in good shape during the off-season is critical to getting off to a strong start come early spring. If you maintain a conditioning program during winter and avoid putting on those "winter pounds", you won't have to work nearly as hard for your comeback! Year round conditioning is a logical step aimed at improving performance, maintaining sports conditioning and preventing injuries.

So what does an off-season conditioning program look like for cyclists?

Keep it simple. When coaching my clients thru the off-season, I incorporate core strength training, aerobic conditioning and flexibility exercises in their weekly training regime. The goal is to achieve a solid balance of strength and flexibility within all muscle groups to prevent injuries and improve athletic performance. Training the core muscles can correct postural imbalances that occur from the "unnatural" position of the cyclist on the bike. The aerobic component for endurance work will establish the base foundation needed and allow for continuance of "sport skill" whether the plan is for racing or doing century rides.

Flexibility is an important component of fitness that is often overlooked by athletes. Stretching exercises should be done year round on a daily basis. Risk of injury can be significantly reduced and muscular balance will be much improved.

One of the biggest reasons I like core training is because it develops functional strength – a fitness component that is essential to both "daily living routines" and regular activities you may engage in. You'll be stronger on the bike and more efficient when doing your daily activities if you incorporate some aspect of core strength training.

Athletic Performance Improves with Core Strength Training

The core muscles of the trunk and torso act to stabilize the spine from the pelvis all the way up to the shoulders. These muscles allow the transfer of powerful movements to the arms and legs. So the stronger and more stable your core is, the more power to your extremities.

So what are the core muscles?

In anatomy, the core refers to the body minus the legs and arms. Functional movements are highly dependent on the core, and lack of core development can result in a predisposition to injury. The major muscles of the core reside in the area of the belly and the mid and lower back (not the shoulders), and peripherally include the hips, the shoulders and the neck. This group of muscles encases our organs and supports our upper extremities and spine.

The muscles of the core make it possible to stand upright and move on two feet. These muscles help control movements, transfer energy, shift body weight and move in any direction. When these muscles are balanced and strong, the body is much more efficient at transferring energy and power.

Strengthening the Core Muscles

There are a variety of training protocols that will effectively train the core muscles. You can use regular strength training equipment, (i.e. free weights and machines), training tools and/or your own body weight to get a complete workout and develop core body strength.

Some of the training tools can include kettle bells, medicine balls, stability balls, Bosc balls, balance boards and dumbbells.

Exercises that involve body weight and no equipment are also very effective. Many coaches and athletes use these types of exercises to develop core strength because of their simplicity and the fact that they can be done anywhere. These body weight exercises can include:

(Continued on page 6)

(Continued from page 5)

- Plank
- Side Plank
- Push-Ups
- Sit-ups
- Yoga positions
- Lunges
- Squats
- Back Extensions
- V-Sits
- Pelvic exercises

Strength Training Machines:

You can try some of these machines to help maintain or develop your strength. High reps of 20 to 30 are good. You can estimate your weight load at first, and then adjust accordingly. Be cautious at first; you can al-

ways increase the weight.

Perfect form is the most important factor here.

- Hip extension (squat, step-up, or leg press)
- Seated row
- Abdominal (vary exercises; can add weight for increased load)
- Hamstring curls (one leg at a time) light load
- Knee extension (one leg at a time) 30 degrees-light load
- Seated lat pull (to chest vs. behind neck)

For a simple core-strengthening program you can begin with push-ups and crunches, but I recommend working with a coach to find which exercises are best for you and your goals.

By Coach Shelley Marenka from Voler.com website



SNOWSHOEING HELP CYCLING?

*By Fred Matheny, from
www.womenscycling.ca*

Q: Snowshoeing has become the hot cross training sport among the local cyclists in my area, but I don't see the connection to riding a bike. What's the carryover to cycling?

Coach Fred Matheny Replies: I love snowshoeing! Unlike cross-country skiing, it has a shallow learning curve. You don't need much technique to get an effective workout. Snow conditions can be marginal, and you can do it in all types of terrain — even through the woods. Don't try that on skis unless you're skilled.

I snowshoe a lot where I live in western Colorado. I think it has at least five direct benefits for cyclists.

- **Endurance.** Treks of three or four hours train the body to burn fat for energy while sparing its muscle fuel, glycogen

- **Weight control.** When you snowshoe with poles, long hikes burn calories at an even greater rate than long rides. You're using upper-body muscle mass much more than when riding.
- **Upper-body conditioning.** Use poles and you'll get a great workout for your arms, shoulders and back.
- **Leg strength.** Pulling a snowshoe out of the snow and pushing it forward for the next stride is similar to the motion of pulling the pedal up the back of the stroke and pushing it over the top. When you're snowshoeing uphill, you'll feel how well it works the quads.
- **Variety.** If you ride all winter, you may not be as enthusiastic about cycling as you should be once spring arrives. Snowshoeing keeps you fit while making you eager to get back on the bike.

Village CycleSport



Top 100 Dealer
in USA.
Top 50 Trek
Dealer.
Over 30 yrs.
in Business



THE BEST WAY TO TRAIN

Get the
right fit
with the
Slow
Twitch
Certified
Fit
Specialists

Computrainer
Training
Center

Areas largest
Selection of Tandems,
Recumbents and
Folding Bikes

Ask for your Wheeling Wheelmen Discount

www.villagecyclesport.com

45 Arlington Hts. Rd. • Elk Grove Village, IL 60007 • 847-439-3340
1313 N. Rand Road • Arlington Heights, IL 60004 • 847-398-1650
203 West Northwest Hwy. • Barrington, IL 60010 • 847-382-9200

The **Wheeling Wheelmen Bicycle Club** has an active Yahoo Group available on the Internet. The group works like a bulletin board and allows us to exchange email with other club members without having to know everyone's individual email address. You must subscribe to the group before you can send a message. Follow the instructions required by Yahoo to complete your registration.

NOTE: Due to spam and email address hijacking concerns, subscription to the Yahoo Group is limited to current members of the Wheeling Wheelmen Bicycle Club only. If you have questions about club membership, rides or events, please send an email to: wheeling@wheelmen.com

To Subscribe send an email message to:
wheelingwheelmen-subscribe@yahoogroups.com

To Unsubscribe send an email message to:
wheelingwheelmen-unsubscribe@yahoogroups.com

To post a message send your message in an email to:
wheelingwheelmen@yahoogroups.com

The group name is: **wheelingwheelmen** and is available at: pgroups.yahoo.com/group/wheelingwheelmen

Wheeling Wheelmen Membership Application

Name: _____ Spouse's Name: _____
Address: _____ Children's Names: _____ Age: _____
City, State, Zip: _____ Age: _____
Phone #: _____ E-mail: _____

Please consider an e-mail of our monthly newsletter to help keep club dues low and help the environment by reducing paper consumption Please indicate your choice: Send via e-mail I prefer a paper copy

New Member? _____ Renewal? _____ L.A.B. Member? _____ Family dues: \$25 Individual dues: \$20

Membership Pledge: I hereby agree to operate my bicycle in a manner that is safe to me and those around me, to observe all the rules of the road, and conduct myself in a manner that will be complimentary to the sport. I release and waive all claims for negligence against the WHEELING WHEELMEN, its officers and members for all damages incurred at or associated with any WHEELING WHEELMEN activity for myself, my heirs and executors.

Applicant's Signature (parent's signature if a minor)

Spouse's Signature

Mail this application with payment to Wheeling Wheelmen, P.O. Box 7304, Buffalo Grove, IL 60089-7304



P. O. Box 7304
 Buffalo Grove, Il. 60089-7304
 847-520-5010
 wheeling@wheelmen.com

We are on the web
wheelmen.com



SAVE THE DATES

St Patrick's Day Ride - Sunday, March 18
 Picnic - Sunday, July 8
 Harmon Hundred - Sunday, Sept. 9



CLUB DISCOUNTS

The following local shops offer a 10% discount on parts and accessories to all Wheeling Wheelmen with a valid membership card shown at time of purchase.

Alberto's Cycles
 661 Central, Highland Park
 (847) 432-0015

AMLINGS CYCLE & FITNESS
 8140 N Milwaukee Ave.
 Niles 847/692-4240

B&G CYCLERY
 131 E. Rollins Rd, Round Lake Beach, 847/740-0007

BICYCLE CONNECTION OF SCHAUMBURG
 1226 N Roselle Rd.
 Schaumburg 847/882-7728

CAMPBELL ST. BIKES
 13 W. Campbell St.
 Arlington Hts. 847/222-7887

GEORGE GARNER CYCLERY
 1111 Waukegan Rd.
 Northbrook
 847/272-2100

LIBERTYVILLE CYCLERY
 740 N. Milwaukee Ave,
 Libertyville
 847/362-6030

MIKES BIKES
 155 N Northwest Hwy,
 Palatine, 847/358-0948

OAK PARK CYCLERY
 1113 Chicago Ave.
 Oak Park 708/524-2453

RUNNER'S HIGH & TRI
 121 W. Campbell, Arlington Hts., 847/670-9255

SPOKES
 69 Danada Square E,
 Wheaton 630/690-2050
 1807 S. Washington, #112
 Naperville, 630/961-8222

Trek Bicycle Store – Highland Park
 1925 Skokie Hwy
 Highland Park, IL
trekhp.com 847-433-8735

THE CYCLERY
 575 Ela Road,
 Lake Zurich
 847/438-9600

TURIN BICYCLE
 1027 Davis Street
 Evanston
 847/864-7660

VILLAGE CYCLESPORT
 45 Arlington Hts Rd
 Elk Grove Village
 847/439-3340
 1313 N. Rand Rd.
 Arlington Hts.
 847/398-1650
 203 W. Northwest Hwy
 Barrington
 847/382-9200

We support:

- *The League of American Bicyclists
- *The League of Illinois Bicyclists
- *Active Transportation Alliance
- *Buffalo Grove Bike Rodeo
- *Bicycle Federation of Wisconsin

JOIN THE LEAGUE!

The League of American Bicyclists promotes cycling through safety and represents us in the decision making process in Washington D.C. A yearly membership is \$35 and should be sent to:

League of American Bicyclists,
 1612 K Street, NW, Suite #401
 Washington, DC 20006
 Tel: (202)822-1333 Fax: (202)822-1334
 E-mail: BikeLeague@aol.com
 Web Site: www.bikeleague.org

In addition to government relations, they also organize many great cycling rides and rallies around the country. For information on these events call (800)288-BIKE